

Bodywork for Babies

Fascia Unwinding Sequence

Sacrum: hold the sacrum and feel which direction it pulls. If another part of the body engages with the sacrum, help it to unwind in connection with the sacrum.

Hips, Legs and feet: hold the sacrum and take one foot in your hand. Feel for strain in the toes, feet, ankles, shins, calves, knees, thighs, hamstrings and hips. Repeat on other side. If another part of the body engages with the leg release, help it to unwind. Check if both legs and feet are symmetrical.

Anterior pelvis and abdomen: hold the sacrum and over the anterior pelvis feeling for strain. Move the hands up to the abdomen and feel for strain. Feel with two hands over the diaphragm.

Brachial plexus, chest, shoulders, arms and hands: place your hands behind the shoulder blades and feel for strain into the neck. Arms should be symmetrical. Hold the occiput and one of the hands and feel for strain in the fingers, hands, forearms, elbow, upper arm and shoulder in relation to the occiput. Do the other side. Place hands on the chest over the lungs and then the tops of the shoulders feeling for strain.

Cranial bones: hold the occiput and feel for strain. Take one hand around to the frontal bone, then sphenoid bone, then use both hands on temporal bones and parietal.

Face, throat and neck: hold the occiput with one hand and palpate the cervical vertebrae with the other, take that hand around and feel the hyoid and throat fascia, the mandible and then both eyes. Move your hand from the occiput to the frontal bone and use the other hand to feel for strain in the nose, zygoma, sphenoid, maxilla and mandible.

Mouth and tongue: hold the occiput or frontal bone and put a gloved finger or passifier into the baby's mouth in the center of the upper palate. Feel for strain. Move on diagonal to access both side of the palatal arch and then all the way into the interior TMJ. Check lip frenulum and buccal ties. Return to center pushing down onto the tongue and then going under the tongue on both sides of the frenulum. Always come back to center and let baby suck if they get too agitated.

Dural tube: hold the occiput and the sacrum and feel for strain. While holding occiput check other areas like the diaphragm, or hold the sacrum and check other areas again like the legs or abdomen.